

INFANT CARE

KATE TRUELOVE



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INFANT CARE

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THE CARE OF BABIES

A READING BOOK FOR GIRLS

BY MRS. H. C. CRADOCK

"The highest information procurable is crystallised in this work, and all who are desirous of maintaining His Majesty the Baby in the best of health should assimilate the knowledge given in this book upon clothes, baths, food, teeth, ailments, airing, playthings, accidents, etc., regarding these and a host of other matters essential to the rearing of healthy children."

The Teacher.

LONDON: G. BELL AND SONS, LTD.

DEMONSTRATIONS ON INFANT CARE

FOR ELDER GIRLS

BY

MRS. KATE TRUELOVE

HEAD MISTRESS OF MONTEM STREET GIRLS' SCHOOL, TOLLINGTON PARK, N.

WITH AN INTRODUCTION BY
LADY ST. HELIER



LONDON
G. BELL & SONS LTD.

1914

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INTRODUCTION

BY LADY ST. HELIER

ONE of the most valuable developments of modern teaching is the general application of demonstration to every branch of study. It has facilitated learning, it has quickened every child's perception, and it has destroyed the drudgery which, in former days, made learning so distasteful and uninteresting.

Demonstration is now the medium by which many subjects are taught to children, and for the work of which this little book treats it is the easiest and simplest, as well as the most effective, means of teaching our future mothers the elementary facts of infant care.

Although demonstration in general is not without its drawbacks, for the facility with which it imparts instruction does not always stimulate that mental activity which it should be the aim of every teacher and student to achieve, yet the information which this book conveys is much better imparted by demonstration, for interest is at once awakened. The girl has to repeat to herself what she has been taught before the memory of the lesson is forgotten or blurred, and the proverb that example is better than precept here finds its fulfilment.

In spite of any opinion to the contrary, the instinct of motherhood is latent in every girl nature. The love of dolls and the maternal care given to them

by the tiniest child, show how desirable it is to develop that instinct as early as possible.

This book, though not intended to be exhaustive in its information, *does* suggest a method by which, in a practical way, the girl's love for her doll may be training ground on which the proper care and management of children can be given. The only drawback appears to be that a doll is substituted for a real baby, but that is a practical difficulty which would disappear as soon as experience enabled a girl to handle a baby carefully and safely; and the form of teaching can be left to the initiative of the teacher without modifying the lesson in any of its important features.

During the three years in which Mrs. Truelove has given these lessons the results have been most successful. Not only does the little nurse learn quickly and well, but the mothers of the pupils themselves take the greatest interest in the progress the children have made, and on their "Open Day" watch the various processes in the demonstration with great attention.

The value of such work is twofold. Firstly, in the saving of infant mortality, and in the saving of the pain and suffering which is the lot of thousands of infants through the natural ignorance of many mothers, and which is written in painful significance on the faces and bodies of so many poor little babies, wringing the hearts of those who know too well what that expression means.

Secondly, if such training were carried out systematically in all girls' schools, it would open a new and very satisfactory field of employment. There is nothing so difficult to find as a girl with any knowledge of nursing work, and there are no places so difficult to fill as those of nursery-maids. If all

girls had the knowledge this little book imparts so simply and practically, good situations could be found for every girl who wanted such a position. Good nursery-maids are more rare than good cooks, and the treatment and consideration shown in every family to nurses and nursery-maids places them in quite a different position to other servants, while their life is healthier and less laborious.

This work, however, requires very careful treatment, and in the hands of an unsympathetic teacher would do more harm than good; but it is so important that we must wish it all the success it deserves; and under the care of the author one has no fear that the subject will not be dealt with in the right spirit.

In spite of all opinions to the contrary, woman's real vocation, and the one in which she will find her greatest happiness, is her home, and motherhood its highest and best fulfilment. It is, therefore, the duty of those who train and educate girls to give them the best equipment to enable them to fulfil life's highest possibilities, and we *do* commend this excellent little book to the attention of all those teachers who realise, how great are their responsibilities on the question of which it treats, and who have to deal with it practically.

Harry S. Allen

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INFANT CARE

INTRODUCTORY CHAPTER FOR TEACHERS

THE branch of science best suited for an ordinary girls' school is often difficult to choose, but the general opinion seems to be that there is nothing more interesting or more useful than that dealing with the home and its surroundings.

It may very fittingly be called Home Science.

The question of the teaching of "*Infant Care*" is occupying the attention of many educationalists to-day, and is gradually becoming a point of vital interest.

The subject is closely allied to physiology and also to nature study, and seems but a natural outcome and continuation of nature study and a completion to a course of home science.

The human child is born into the world less equipped for life and more dependent on its

parents than any of the animal species. Thus our babies, as the helpless section of the community, pay a heavy annual toll of mortality. This is largely due to ignorance, much of which is inexcusable. All reforms to be lasting, should begin with the child; and Sir George Newman says, "A State cannot insure itself against physical disease unless it begins with its children."

Medical inspection in the school is doing much for the child of school age, but the question arises—How can the child *previous* to school age be helped to live and be happy?

The *ideal* instruction to a girl is that given *by her own mother*; but there are many women who are forced by home circumstances to leave their children to the care of an elder girl, and experience forces the confession that many parents ignore their obligations—so that this duty falls, for the present generation at least, to the teachers of England.

The report of the chief medical officer of the Board of Education says, "Although it would clearly be of little value to compel unwilling teachers to include this subject in the curriculum, it is extremely desirable that no girl should leave school without having passed through such a training; and it is satisfactory to note

that the interest taken by the teachers—without whose sympathetic co-operation, no arrangements can be effective—appears to be steadily increasing, and that instruction in infant care is becoming more generally regarded as an ordinary part of the school work.”

The writer of this little book has found that a most effective and interesting method of teaching “infant care” is to allow the girls to demonstrate with a washable doll. The following demonstrations are suggested as a *basis* of matter only, and are by no means exhaustive. They are intended to “point the way,” and many others will occur to each mistress who chooses this form of presenting the subject to her girls.

Very little time is spent in lecturing. As soon as each point is taken, each girl in the class takes her turn as “Little Mother,” according to the order of the register, to “do” what she has learned respecting the treatment of a baby.

The girls also go in relays to see a real baby washed and dressed; and the weight of a baby brother or sister of one of the girls in the class is registered week by week for several months and the curve of weight shown on a graph.

To this class is added all the girls in the

school who will become exempt from attendance during the ensuing six months. Thus no girl leaves school without some knowledge of mother craft. It is not necessary that the girls should learn the demonstrations by heart. The substance of the facts must be mastered, and then the girl should be encouraged to express these facts in her own language.

A very important factor is the occasional chat with the girls on the baby at home, and the experience of the girls who belong to a large family is often very valuable. Much of the shyness of the girl who has had no opportunity to study young children is dispelled by these friendly talks, and it is astonishing how much useful information is gained by the teacher herself.

The apparatus needed for the demonstrations is as follows:—

A washable doll, which can be bought for 10s. 6d.
from Cox & Co., 101 Oxford Street, W.C.

Small bath.

Banana crate.

Strawberry basket (to hold toilet requisites).

Tray.

A baby's bottle (boat shaped).

A pint bottle for boracic lotion.

Some old linen.

2 toilet towels.

1 or 2 small sheets.
1 blanket,
Print to cover improvised cradle.
2 pieces of waterproof sheeting.
2 aprons (mackintosh and flannel).
Kettle.
2 jugs.
Calico for triangular and tailed bandages.
Bandages— $\frac{1}{2}$ in., 1 in., and 2 in., enough for class.
Boracic lint.
Safety-pins.

The Layette made during needlework lesson should consist of—

1 night gown.
1 day gown.
1 petticoat.
1 barracoat.
1 vest.
1 flannel binder.
1 napkin.
1 bib.
1 pair of woollen boots.

It is very useful to have a short coating set made also. Very good patterns are to be found in Nos. 194 and 209 of Weldon's *Home Dress-maker*.

The following books have been found to supply all the general facts needed for teaching "infant care." *The Care of Infants*, by Dr. Truby King; published by Macmillan & Co.

Babyhood, by B. Dawson; published by Ewart, Seymour & Co. *Our Baby*, by Mrs. Langton Hewer; published by Simpkin, Marshall & Co. *First Aid to the Injured and Sick*; published by Simpkin, Marshall & Co. *First Aid in Accidents*, by Collie and Wightman; published by Gill & Sons.

In conclusion, the fact must not be overlooked that the artificial feeding of infants will always be a subject of controversy, and the girls must be made to realise that the doctor must be consulted in any case where the feeding seems unsatisfactory, or when the baby loses weight.

Heat is the finest agent for destroying germs, and milk heated from 130° to 150° Fahrenheit is rendered practically free from contamination. To boil milk is considered by some specialists a bad plan, as it removes many of the essential properties necessary for the healthy growth of a child, and sometimes causes indigestion owing to the coagulation of lactalbumin.

Therefore what is known as Pasteurisation of milk commends itself for general use (see Demonstration 4).

The teacher's lessons cannot emphasise too strongly that the natural feeding of a baby by its mother is safest and best.

BABY-LAND

What can you see in Baby-land?

Little folks in white,
Downy heads,
Cradle beds,
Faces pure and bright!

What do they do in Baby-land?

Dream and wake and play,
Laugh and crow,
Shout and grow ;
Jolly times have they.

What do they say in Baby-land?

Why, the oddest things ;
Might as well
Try to tell
What a birdie sings.

Who is the queen of Baby-land?

Mother, kind and sweet ;
And her love,
Born above,
Guides the little feet.

GEORGE COOPER.



[By permission of the Berlin Photographic Co.]

PART I

MY DEAR GIRLS,—I know that you all love babies. Your looks and your low cooing words all speak of love, whenever an opportunity occurs for you to nurse one of these helpless little creatures.

For the time you feel just like a mother, and would shield the little one in your arms against any and every one who would harm it.

You are reluctant to give the baby up to any new nurse who may “just want to hold it,” and you are jealous to keep its little smile for yourself alone. All these sweet feelings come to you, because deep down in your nature you are a “Little Mother.”

The new baby comes into our family and is entirely dependent on those who surround it. Its little life consists of sleeping, crying, drinking, and laughing.

What can *we* do to make this helpless mite a healthy human being? We attend to our own home pets, like the cat and dog, we rear and care for our flowers with the tenderest care.

We watch their fading or their growth with anxiety and interest.

What, then, is our share in caring for baby? First of all, by gaining a knowledge of baby's needs.

As you know, dirt produces such a number of evils that the greatest cleanliness is necessary for a baby; and if we wish to be an example and a power to others, we must be clean *ourselves*.

Our nails must be rid of the black line of dirt, and so render our hands useful instruments for daily good.

Your teacher will tell you why dirt is so dangerous; she will tell you how tiny living things grow, and grow very quickly, where dirt is present, and cause people to become ill.

Our babies cannot be healthy unless they are clean. Their little lives are so frail that we must guard them from their worst enemy "Dirt," and all our lessons in infant care will first and foremost emphasise cleanliness.

It is a grief to thinking people to learn how many hundreds and thousands of little lives are lost through ignorance or through lack of care and attention, and our great desire is to help the girls of our land, who possess so much love in their hearts for little babies, to learn the right way to rear them.

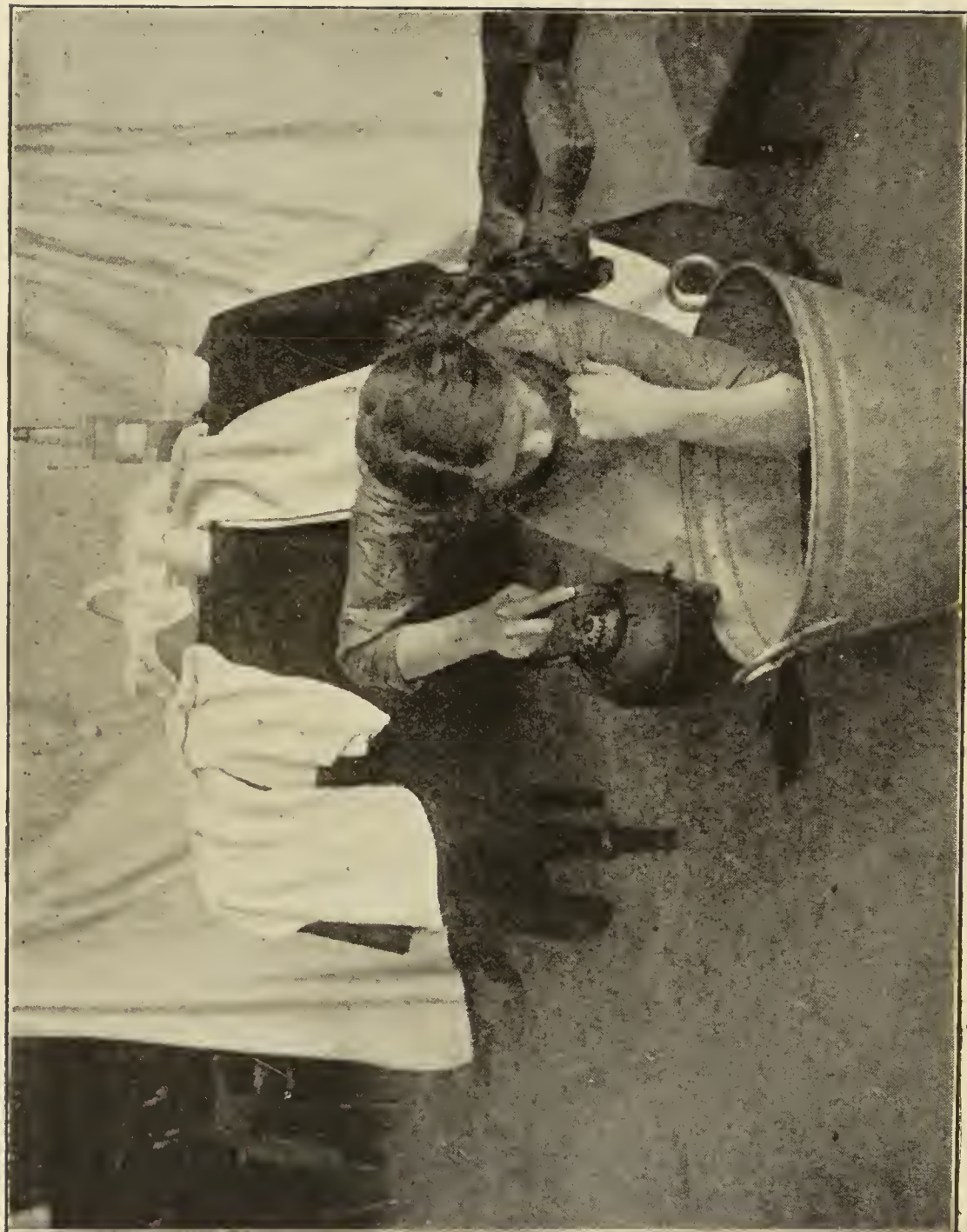
Our pictures at the beginning of this letter show us that the idea of a mother's love has not altered through the ages.

A mother with her child has formed the subject for the painter over and over again.

The two pictures show that the same love and care shine in the mother's face, whether it be the mother of the baby Jesus or the mother of our own time.

If a little baby could speak, I think it would ask its mother some of the following things :—

1. Please, mother dear, let me have a bed to myself.
2. Please nurse me yourself till I am nine months old.
3. Please give me a bath every day, and let me play with the water sometimes.
4. Please take me out every day, or send me out in the open air. I am very fond of sleeping in the garden in my perambulator.
5. If, mother dear, you are obliged to get me a bottle, will you be sure it is always clean ; and please make sure that the milk is good before you give it to me.
6. When I get big, will *you* tell me all the things I ought to know about myself. I do not want to hear them from other people.



TESTING THE WATER (DEMONSTRATION I).

Demonstration I

BATHING BABY

LITTLE MOTHER.—When going to bath a baby everything should be in readiness. The door and the windows should be shut,—if possible, the door should be locked. If it is inconvenient to have the door locked, a screen should be placed around the fire. This can be made from a clothes-horse covered over with a blanket.

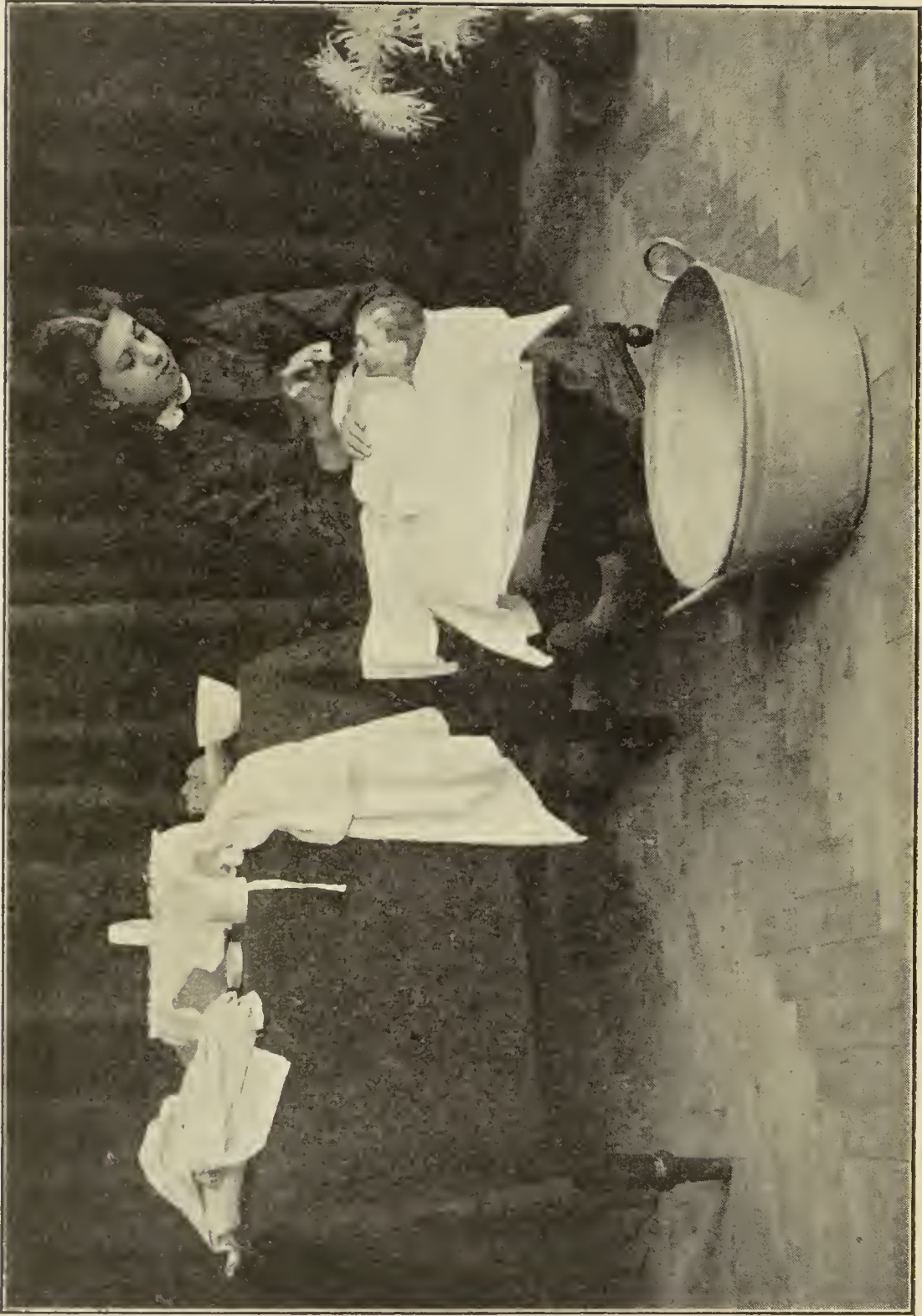
I will place my elbow in the water, for if I can do this, it is the right heat for a baby.

There should be a nice bright fire, and the baby should be bathed before it.

This baby's basket (taking up basket) is made from a strawberry basket, and costs a penny; and this bottle of lotion is made from 1 oz. of boracic acid crystals, which costs a penny. One pint of hot water is poured upon it to dissolve the crystals.

I put on this mackintosh apron, which costs 9d.; and over that I put a flannel apron, which measures $\frac{3}{4}$ yd., and costs 9d. also.

The first thing I do is to wash the baby's



BATHING BABY'S EYES (DEMONSTRATION I).



FIRST POSITION IN BATH (DEMONSTRATION I).

eyes with the lotion, using a separate piece of rag for each eye. I must wash from the outside of the eye towards the nose, so that any dirt in the eye may pass down the ducts of the nose. Then I must wash the nose and ears, and lastly, the mouth, throwing away each piece of rag which I use.

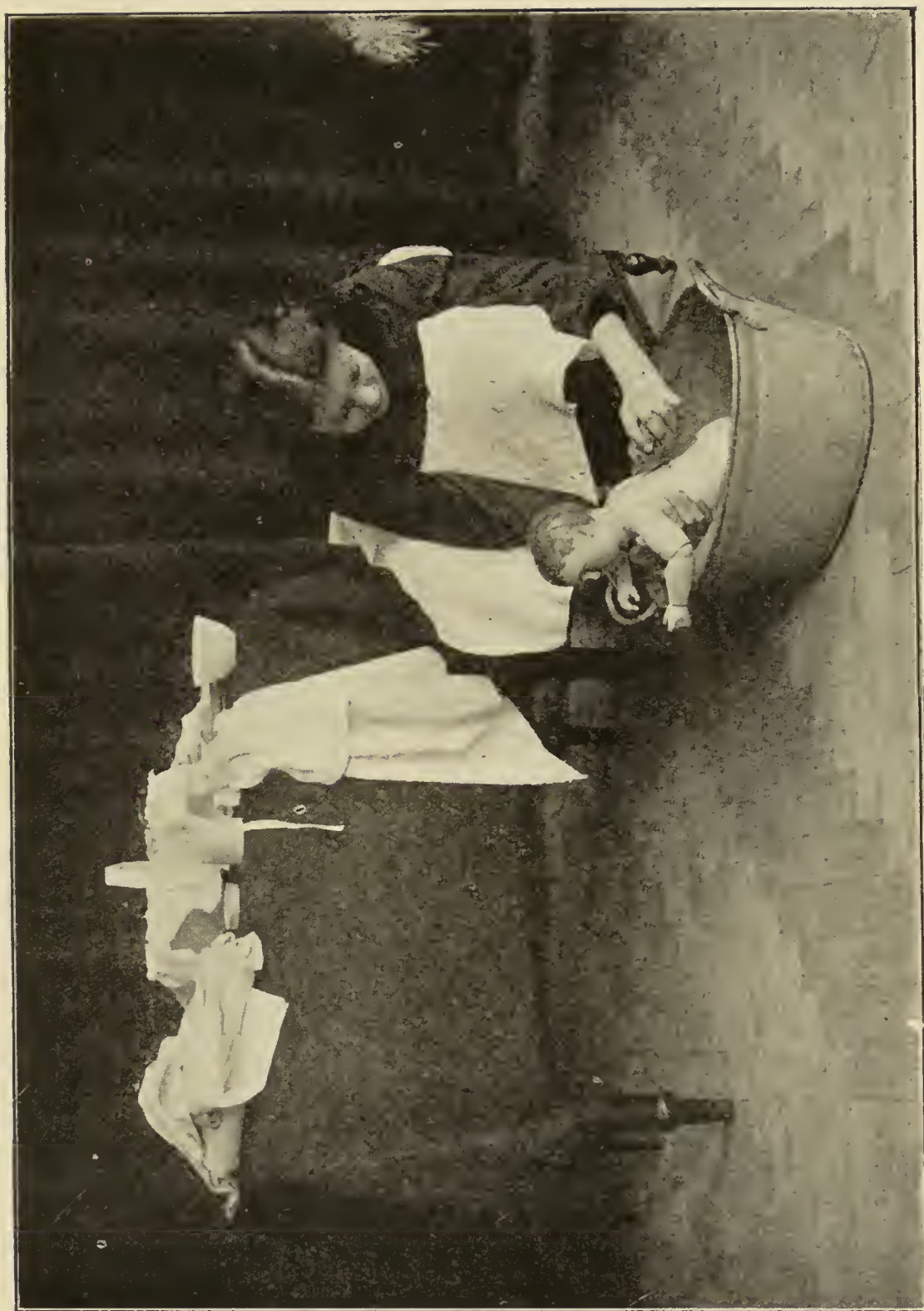
It is important that the mouth should be carefully attended to, because stale milk left on the gums might cause thrush.

I now wash the baby's face and head, using a little soap made of pure fat, such as Price's plain curd soap or Castille.

Now I wash the body of the baby, first whilst lying on its back and then face downwards. I then put it in the bath and rinse it carefully, always giving plenty of support with my arms and hands.

In drying the baby we must be careful to only dab the skin, for this is so tender that rubbing would hurt and inflame it.

All the folds of the skin must be powdered with powdered starch mixed either with boracic acid powder or zinc powder. I must turn the baby as seldom as possible.



SECOND POSITION IN BATH (DEMONSTRATION 1).

Demonstration 2

WEIGHING BABY

LITTLE MOTHER.—Before dressing baby I must weigh it. I lay the baby on a piece of flannel 27 inches square with a ring at each corner. These I pull to make sure they will bear the weight of the baby, and place them on the hook of the spring-balance machine; then I gradually lift baby off my lap, placing my hand underneath but not touching the child.

This baby weighs 8 lb.; a healthy baby at birth should weigh $7\frac{1}{2}$ to 8 lb. and increase weekly by 8 oz.

If a mother finds her baby is getting lighter, she should see a doctor at once.



WEIGHING BABY (DEMONSTRATION 2).

Demonstration 3

DRESSING BABY

LITTLE MOTHER.—I am now going to dress the baby. The first thing I put on is the binder, which is 18 in. by 5 in. and is made of flannel.

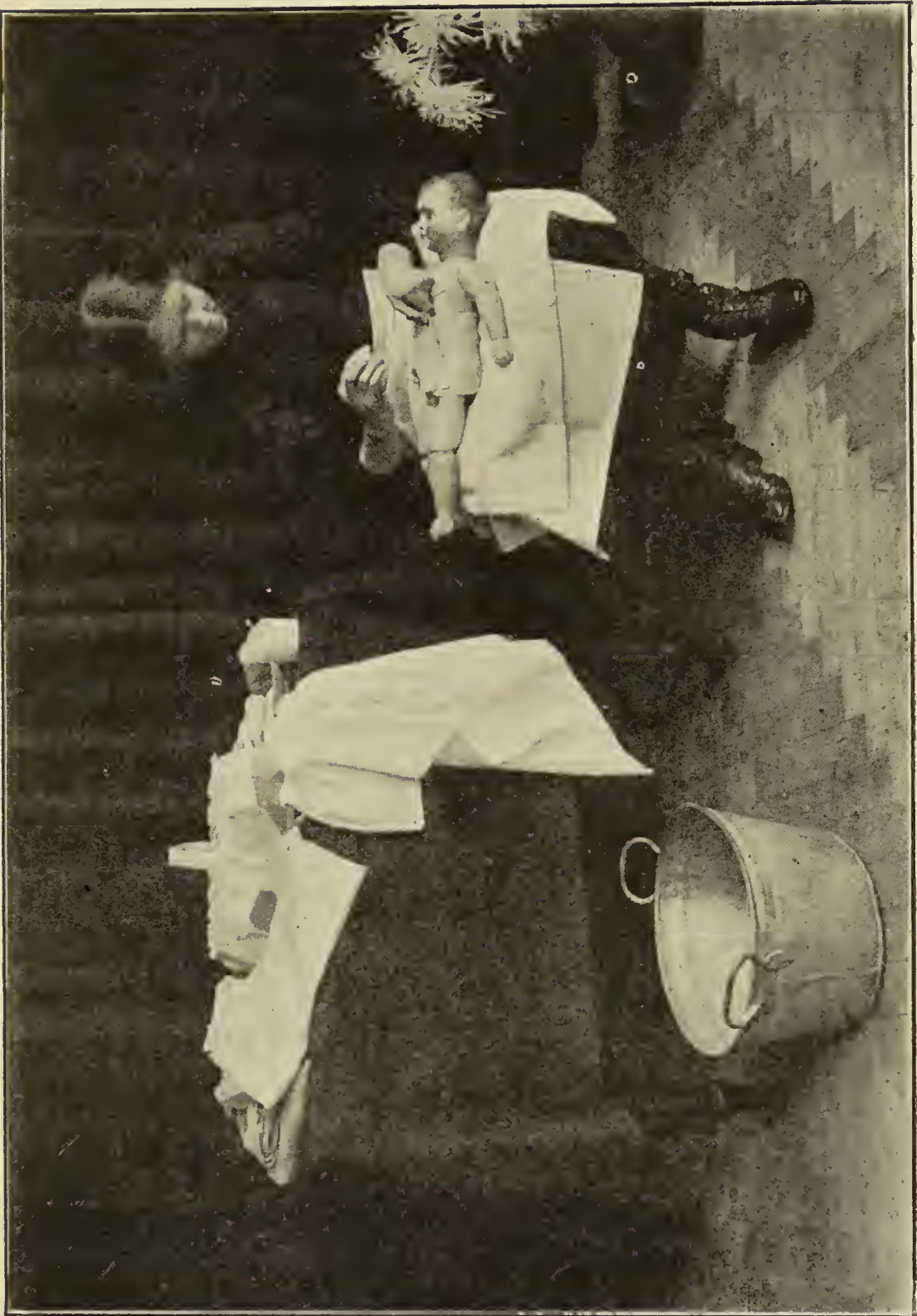
This should be placed well over the stomach. It is safer to *sew* the binder on than to pin it with a safety-pin.

Next I put on the vest, which is made of 2-ply vest wool; and it should be made so that there are no ridges to hurt the baby, as its skin is very tender. Three of these vests are necessary.

Then the baby's napkin should be put on. This is made of Turkish towelling 24 inches square, and 2 dozen are needed.

Next is the barracoat, which should be made of Saxony flannel, and 6 yds. will make four.

Then the petticoat, which is made of muslin. Three or four of these are necessary. Last of



SEWING ON THE BINDER (DEMONSTRATION 3).

all I put on the dress, which can be made of delaine, longcloth, or muslin. Then a soft bib should be placed under baby's chin. This must be made of extra thickness when teething begins.

Whenever I use a safety-pin, I must be careful to place it in a horizontal position, for then it is less likely to open.



MAKING BABY COMFORTABLE (DEMONSTRATION 3).



BABY DRESSED (DEMONSTRATION 3).

Demonstration 4

FEEDING BABY

LITTLE MOTHER.—The mother's milk is best for baby, because it is—

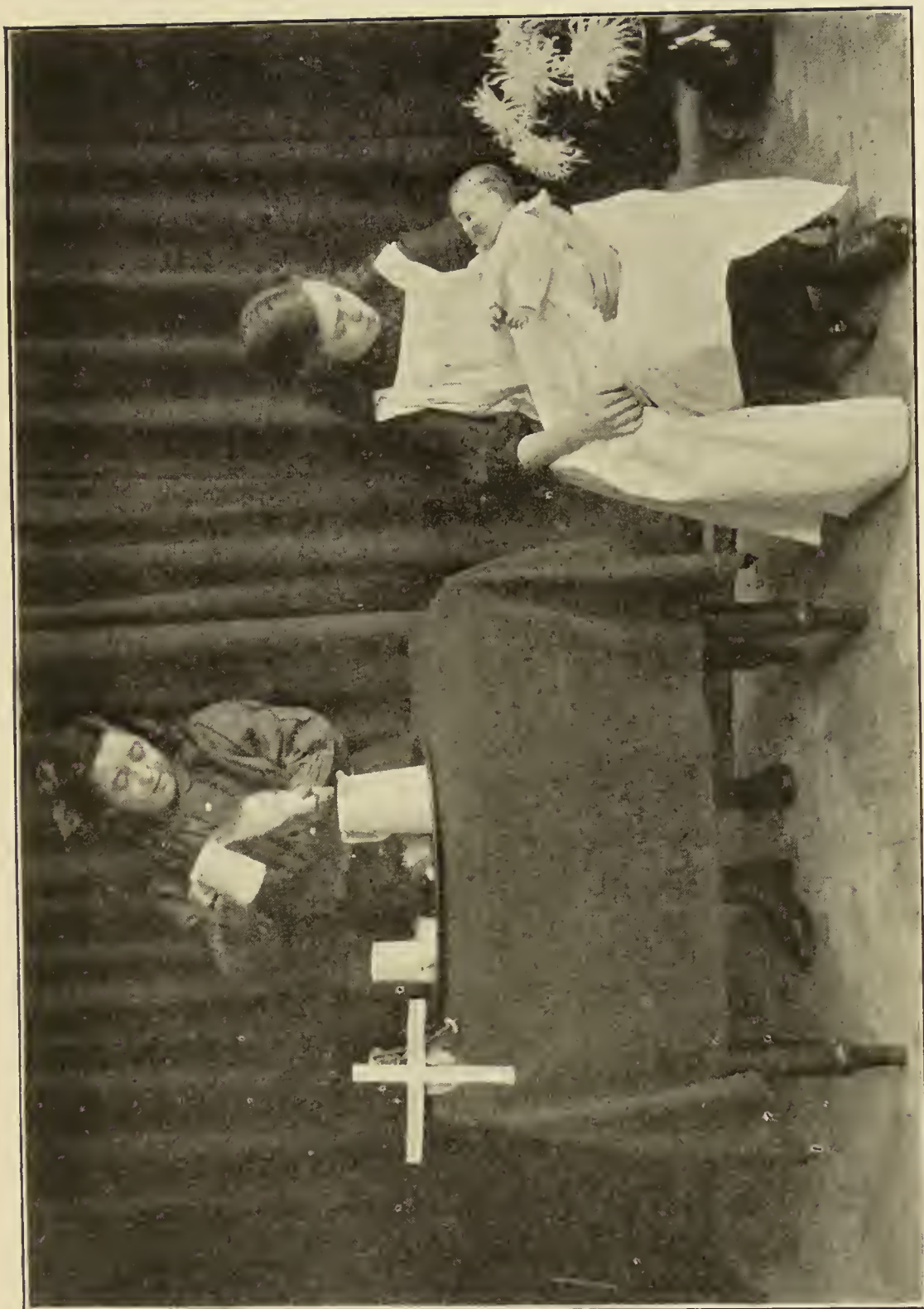
1. The right temperature.
2. A perfectly proportioned food.
3. Less expensive.
4. Easy to use, and saves trouble and time.
5. Free from germs.

The only reasons why mother's milk should not be given are—

1. If the mother is suffering from an infectious disease ;
2. Or if home circumstances compel a mother to work away from home ;
3. Or if a mother be too delicate to provide enough nourishment herself.

If a baby is fed on mother's milk we can be almost sure that it will be free from infectious illness, and from summer diarrhœa which causes so many babies to die.

A baby should not be weaned during summer



PREPARING BABY'S FOOD (DEMONSTRATION 4).

months, and the weaning should be done gradually.

I am now going to prepare a bottle for a baby whose mother is unable to feed it herself.

This tray has been standing by an open window, but not near any drains. It is covered with muslin to prevent any dust getting into the milk.

On it there is a jug of milk, a jug of water (which has been boiled) to mix with the milk, a basin of sugar, a jug with a little cream in it, a teaspoon, a basin of cold water in which is the bottle, teat, and valve.

There is also this jug of hot water to put the bottle in when mixed. The milk has been Pasteurised,—that is to say, the milk has been put into a jug and boiled in water for 20 minutes.

The cream should be fresh and not preserved; and if it is difficult to obtain, a few drops of cod-liver oil or olive oil will supply its place.

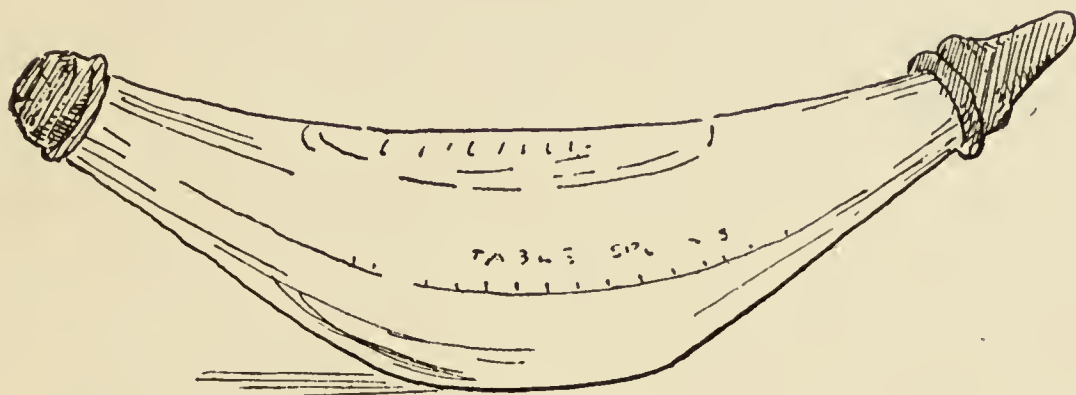
This boat-shaped bottle is best to use, because it is so easily cleaned.

If any hairs come out of the brush they can be seen and easily rinsed out.

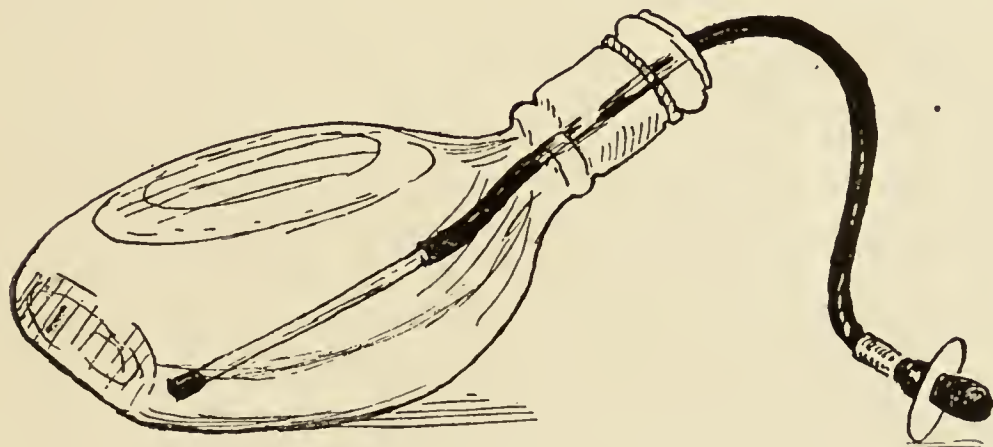
It is also a great advantage to be able to

boil the bottle, teat, and valve 10 minutes each day.

The old-fashioned bottle with the long india-



RIGHT BOTTLE



WRONG BOTTLE

rubber tube should never be used, owing to the difficulty of keeping it quite clean.

For a child of 3 months old we take 3 table

spoonfuls of milk to 3 of water, and add a little sugar and cream.

Then heat in a jug of hot water until it is 99° Fahrenheit. If we have not a thermometer, we can pour a little into a spoon and taste it.

Demonstration 5

BABY'S BREAKFAST

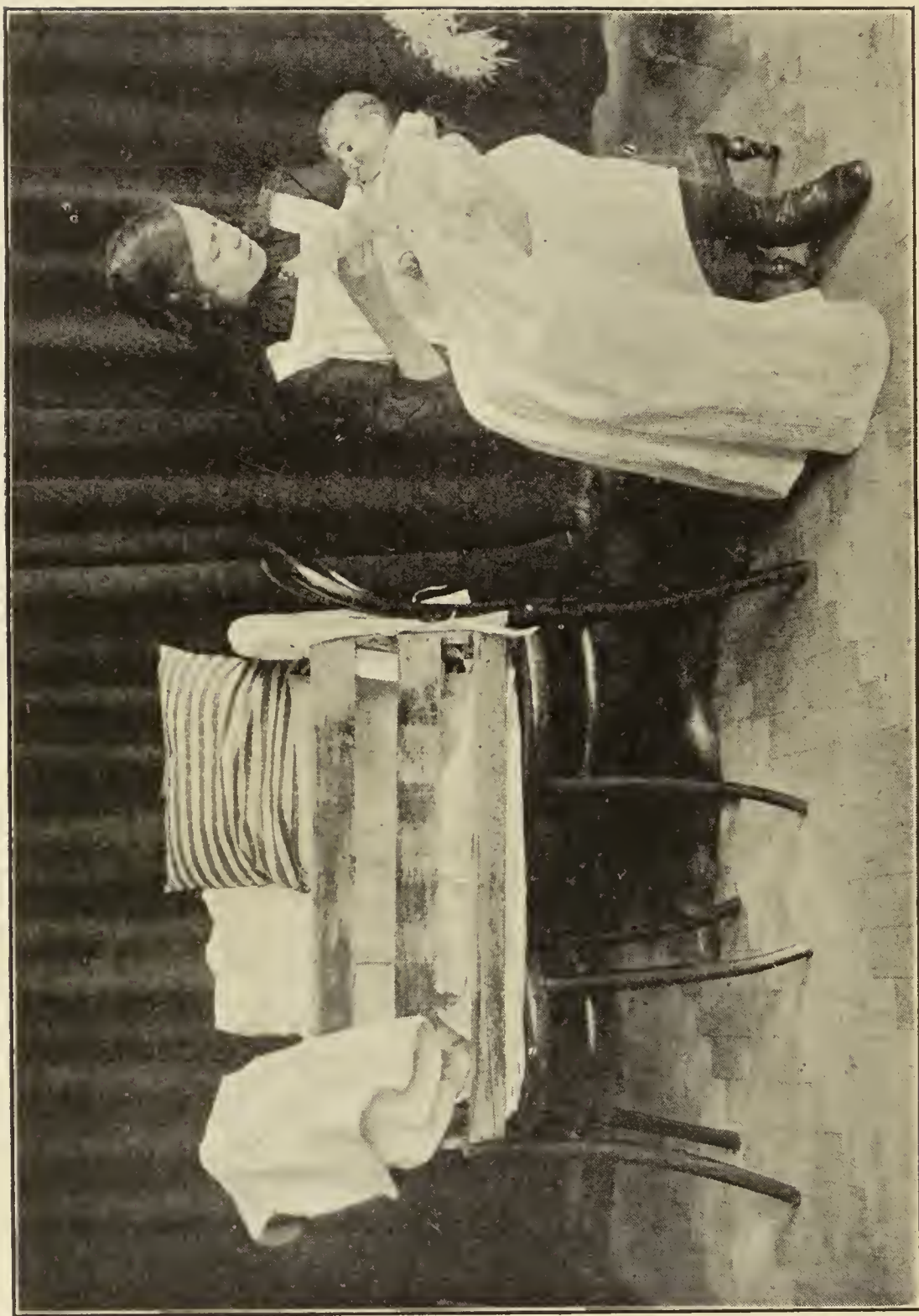
LITTLE MOTHER.—Now that baby is dressed and ready for its food, which I have carefully prepared, I must see that the baby is in a half reclining position and resting on my left arm. This is the natural position if the mother were feeding it herself. The milk must be taken from the bottle slowly, for all artificial feeding needs time and care.

It takes from 15 to 20 minutes for baby's meal, for the milk should drop from the teat at the rate of one drop per second.

Baby is now ready for the morning sleep.

On no account must I allow the baby to suck a dummy teat or "comforter."

The use of this often causes the gums to contract, and so, when the new teeth come they are overcrowded.



FEEDING BABY (DEMONSTRATION 5).

Demonstration 6

BABY'S REST

LITTLE MOTHER.—I have for my cradle a banana crate: it can be bought for a penny, and will last the baby until it is about four months old. It is very important that the baby should not sleep in the same bed as the mother, for many little babies have died through suffocation.

The clothes in the cradle must be soft. At the bottom I must place a mattress,—a pillow-slip filled with bran will serve this purpose,—then I place over this a sheet, which can be made out of an old one; over this I place a piece of mackintosh, and on this a piece of flannel. The pillow must be soft and not high.

In placing baby in the bed I must see that the ears are flat and its mouth shut. I must lay it on its right side, because the heavy organs of the body are here, and after food it is best to lie on this side.

I then place a sheet lightly over, and upon



BABY'S REST (DEMONSTRATION 6)

that a blanket and perhaps a quilt, which if used must not be a heavy one.

The cradle should be placed on two chairs in an airy place ; and if it is summer-time or the day be warm, baby can be placed in a bassinette in the garden.

Demonstration 7

CONVULSIONS

LITTLE MOTHER.—I can tell that this child is in convulsions, as its body is rigid, its muscles are twitching, and its eyes are staring vacantly.

This child is either teething or its stomach is too full of food.

I must first of all put it into a bath of hot water in which I can place my elbow, and bathe its head with cold water.

(While this is being done I must send for a doctor.)

Now baby is recovering I will place a blanket on it without stopping to dry it. Then keep bathing the head.

I will now give it a teaspoonful of ipecacuanha wine, and if it is not sick in ten minutes I will give it another.

BABY

THE sweet forget-me-nots so true
Gave to me my eyes of blue ;
My golden curls that twine and spread,
Sunbeams were from overhead.

Blushing roses' petalled tips
Gave to me my laughing lips,
Guardians twain of fairer gems
Than those in monarchs' diadems.

My dainty limbs so soft and white
Filled the angels with delight ;
Sea-shells gave their colours sweet
For my dimpled hands and feet.

G. W.

PART II

BANDAGING AND FIRST AID IN MINOR ACCIDENTS

It is very effective and useful for the girls to learn to demonstrate in first-aid bandaging, and as far as possible these demonstrations should be correlated with the preceding ones.

The use of the most important bandages must be first taught, and should include—

1. The roller bandage (1 in. and 2 in.).
2. The triangular bandage.
3. The four-tailed bandage.

The general manipulation of each of these bandages must be thoroughly mastered before the girls can proceed with the adaptation of them.

These first lessons are valuable for class instruction in hand skill.

As an outcome of this scheme the most expert girls in bandaging can be used as a medical staff for the treatment of playground tumbles and minor accidents, under the personal



A CLASS BANDAGING.

- KEY TO ABOVE—
1. Hand bandage, triangular.
 2. Arm bandage, roller.
 3. Eye bandage, roller.
 4. Leg bandage, roller.

5. Elbow bandage, triangular.
6. Sprained ankle.
7. Finger bandage, roller.
8. Head bandage, triangular.
9. Large arm sling, triangular.

10. Small arm sling, triangular.
11. Knee bandage, roller.
12. Hand bandage, roller.
13. Elbow bandage, four tailed.
14. Knee bandage, four tailed.

supervision of the head mistress or the teacher in charge of the subject.

The manuals mentioned on pages 13 and 14 provide all teaching matter, and as the subject develops, more demonstrations will suggest themselves to the teacher.

Demonstration 8

CONCUSSION

LITTLE MOTHER.—This little child on the ground has concussion, for the eyes are sunken and the breathing and pulse are both feeble.

Please help me lift her on to the bed. Will you get me some ice-cold water and a sponge. I will now bathe her head.

Now, will you prepare some hot milk, which I must give in case of collapse.

I will now place a cold-water bandage on her head, using for the purpose a triangular bandage.

I will now darken the room by pulling the blinds down, and keep her very quiet until the doctor comes.

Demonstration 9

CHOKING

LITTLE MOTHER.—The baby is choking I am afraid, for its little face is purple, and it is gasping for breath. First, I will smack the back, and perhaps she will cough the substance up. If this does not do, I must be very bold and put my finger down her throat and hook up the substance ; or push it still farther down past the opening of the windpipe.

Baby must have swallowed a coin, or too much food at once. If she is not better very quickly, I must send for the doctor.

Demonstration 10

SCALD OR BURN ON ARM

LITTLE MOTHER.—This child has scalded her arm. I must take off her clothing very carefully, and if I find it is sticking, I must cut it off.

I must now wrap her up warmly and put hot-water bottles to her feet. I will now soak some lint in carron oil and put it on the arm, which I will bind up with two triangular bandages. If she seems faint, I will give her a little hot milk.

I will dress the arm again next day with carron oil on lint and use roller bandages.

I must be very gentle, so that I do not give unnecessary pain.

Demonstration II

CLOTHES ON FIRE

LITTLE MOTHER.—My sister's pinafore has caught fire ; I must at once lay her down on the floor to prevent the flames running upwards to her face and eyes.

I must quickly cover her up with any article which is handy, such as a coat, tablecloth, rug or blanket. I do this, because fire cannot burn without air, and when air is excluded the flame goes out. In doing this I must gather my own clothes tightly round my legs to prevent them catching fire also.

I must now send for help, and must not remove any clothes until everything is ready for treatment. I will cover her with a rug until the doctor comes.

We shall need some carron oil or boracic acid lotion, some clean linen, and some cotton wool. A pair of scissors must also be ready to cut the clothes away, if they are sticking to the burnt part.

Demonstration 12

WOUNDS OR CUTS

LITTLE MOTHER.—This little girl has cut her finger and it is bleeding badly. I will first wash the wound with warm water and be very careful it is washed quite clean.

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